

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01228, Cheese, fresh, queso fresco

Report Date: December 09, 2015 19:18 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	51.42	--	0.896	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Energy	kcal	299	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Energy	kJ	1250	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Protein ¹	g	18.09	--	0.213	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Total lipid (fat) ¹	g	23.82	--	0.978	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Ash ¹	g	3.68	--	0.175	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carbohydrate, by difference	g	2.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Sugars, total ¹	g	2.32	--	0.062	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Sucrose ¹	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fructose ¹	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lactose ¹	g	2.32	--	0.062	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Maltose ¹	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Galactose ¹	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Minerals													
Calcium, Ca ¹	mg	566	--	11.035	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Iron, Fe ¹	mg	0.20	--	0.010	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Magnesium, Mg ¹	mg	24	--	0.460	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Phosphorus, P ¹	mg	385	--	6.667	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Potassium, K ¹	mg	129	--	3.212	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	751	--	62.925	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Zinc, Zn ¹	mg	2.58	--	0.082	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Copper, Cu ¹	mg	0.033	--	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Manganese, Mn ¹	mg	0.014	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Selenium, Se ¹	µg	19.3	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Thiamin ¹	mg	0.042	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Riboflavin ¹	mg	0.173	--	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Niacin ¹	mg	0.027	--	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Pantothenic acid ¹	mg	0.358	--	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.076	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Folate, total	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Folate, food	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Choline, total ¹	mg	12.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Betaine ¹	mg	3.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin B-12 ¹	µg	1.68	--	0.079	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Vitamin A, RAE	µg	224	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Retinol ¹	µg	221	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, beta ¹	µg	41	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha 1	µg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Cryptoxanthin, beta 1	µg	2	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, IU	IU	806	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Lycopene 1	µg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lutein + zeaxanthin 1	µg	3	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin E (alpha-tocopherol) 1	mg	0.37	--	0.031	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Tocopherol, beta 1	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, gamma 1	mg	0.04	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, delta 1	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3) ¹	µg	2.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D3 (cholecalciferol) ¹	µg	2.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D ¹	IU	110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin K (phylloquinone) ¹	µg	1.0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lipids													
Fatty acids, total saturated	g	12.940	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
4:0 ¹	g	0.486	--	0.017	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
6:0 ¹	g	0.387	--	0.018	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
8:0 ¹	g	0.244	--	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
10:0 ¹	g	0.569	--	0.030	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
12:0 ¹	g	0.651	--	0.037	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	2.127	--	0.107	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:0 1	g	0.222	--	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:0 1	g	5.646	--	0.236	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:0 1	g	0.136	--	0.006	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:0 1	g	2.405	--	0.097	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:0 1	g	0.033	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:0 1	g	0.012	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:0 1	g	0.008	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total monounsaturated	g	5.966	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
14:1 1	g	0.169	--	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 ¹	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 undifferentiated ¹	g	0.408	--	0.024	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 c ¹	g	0.335	--	0.021	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 t ¹	g	0.073	--	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:1 ¹	g	0.044	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 undifferentiated ¹	g	5.298	--	0.271	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 c ¹	g	4.697	--	0.242	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 t ¹	g	0.601	--	0.029	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:1 ¹	g	0.038	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 undifferentiated ¹	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c ¹	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 t ¹	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:1 c ¹	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total polyunsaturated	g	1.106	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
18:2 undifferentiated ¹	g	0.887	--	0.031	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 n-6 c,c ¹	g	0.591	--	0.022	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 CLAs ¹	g	0.135	--	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 t not further defined ¹	g	0.160	--	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 undifferentiated ¹	g	0.108	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.099	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c ¹	g	0.009	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:4 ¹	g	0.006	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:2 n-6 c,c ¹	g	0.006	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 undifferentiated ¹	g	0.027	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 n-6 ¹	g	0.025	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:4 undifferentiated ¹	g	0.035	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:5 n-3 (EPA) ¹	g	0.008	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:4 ¹	g	0.008	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:5 n-3 (DPA) ¹	g	0.015	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:6 n-3 (DHA) ¹	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.834	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Fatty acids, total trans-monoenoic	g	0.674	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Cholesterol ¹	mg	69	--	2.853	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01026	03/2011

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13G, 2009 Beltsville MD